

DRINK HOT WATER AND RID JOINTS OF RHEUMATIC RUST

Why rheumatism and lumbago sufferers should drink phosphated hot water each morning before breakfast



Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ash, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material which if not completely eliminated each day, becomes food for the millions of bacteria which infect the bowels. From this mass of left-over waste material, toxins and ptomaine-like poisons, called uric acid, is formed and then sucked into the blood where it continues to circulate, collecting grain by grain in the joints of the body much like rust collects on the hinge as shown above.

Men and women who suffer from lumbago, rheumatism or sore, stiff, aching joints should begin drinking phosphated hot water, not as a means to magic relief from pain, but to prevent more uric acid forming in the system. Before eating breakfast each morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This will first neutralize and then wash out of the stom-

ach, liver, kidneys and bowels the previous day's accumulation of toxins and poisons; thus, cleansing, sweetening, and freshening the entire alimentary canal, each morning, before putting more food into the stomach.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to make any rheumatic or lumbago sufferer an enthusiast on the morning inside bath. Millions of people keep their joints free from these rheumatic acids by practicing this daily internal sanitation. A glass of hot water with a teaspoonful of limestone phosphate, drunk before breakfast, is wonderfully invigorating; besides it is an excellent health measure because it cleanses the alimentary organs of all the waste, gases and sour fermentations, making one look and feel clean, sweet and fresh all day.

Those who try this for one week may find themselves free from sick headaches, constipation, bilious attacks, sallowiness, nasty breath and stomach acidity.

Privilege Denied Them.

"Here's a picture of a woman golf champion."

"I see. And she looks almost graceful."

"Why shouldn't she look graceful?"

"I guess it's because golf champions cannot consistently adopt the pose made famous by Annette Kellerman."

WOMAN'S CROWNING GLORY is her hair. If yours is streaked with gray, grizzled, gray hairs, use "La Creole" Hair Dressing and change it to the natural way. Price \$1.00.—Adv.

Even the man who is tired of this world is seldom in a hurry to move on to the next.

Women never criticize the grammar of men who pay them compliments.

To Build Up

After Grippe, Colds
Bad Blood

Take a blood cleanser and alternative that starts the liver and stomach into vigorous action, called Dr. Pierce's Golden Medical Discovery because of one of its principal ingredients—the Golden Seal plant. It assists the body to manufacture rich red blood, which feeds the heart—nerves—brain and organs of the body. The organs work smoothly like machinery running in oil. You feel clean, strong and vigorous. Buy "Medical Discovery" today and in a few days you will know that the bad blood is passing out, and new, rich, pure blood is filling your veins and arteries.

Improved Process of Freezing Fish. It is announced that a Danish company, with headquarters at Copenhagen, is utilizing a new process for freezing fish, which is declared to be a decided improvement over previous methods. Recent demonstrations resulted in the freezing of herring in a half hour which under the system previously employed, took several hours.

Girls will be girls—if they can't be married women.

St. Louis Mothers Agree With Those Of Kansas City And St. Jo.

Children's Colds, They Say, Should Be Treated Externally—Internal Medicines Are Harmful.

In our previous advertisements we have published letters from mothers in Kansas City, St. Jo., Joplin, Springfield and other Missouri cities. These ladies agree that internal medicines injure the delicate stomachs of the little folks, and they recommend the use of the external treatment—Vap-O-Rub. From a large number of letters from St. Louis women we will give just a few extracts.

Mrs. K. Petranich, 2900 Park Ave., writes: "Last winter when I had a bad cold I applied Vap-O-Rub over my chest and throat covering with a warm flannel cloth. I had almost instant relief, and believe it better than internal medicines for cold troubles."

Mrs. S. J. Wolf, 2341 Dodder St., says: "I used Vick's Vap-O-Rub on my baby who had bronchitis. I applied it over his chest, following directions, and the next morning he breathed easier."

Mrs. M. Hickman, 4020a Laclede Ave., says: "I have given Vick's Vap-

O-Rub a thorough trial for headache, cold in the head and chest, cuts and burns and find it without an equal."

Mrs. W. J. Himmelberg, 639 Lynch St., writes: "I recommend Vap-O-Rub to all mothers with small children. I tried it on my children for colds, sore throat, tonsillitis, and burns, and it certainly gave us great results."

Mrs. J. T. Shepard, 4221a No. 9th Street, writes: "My husband had a very sore throat, as he has had several times before, and always hitherto he has had to have it lanced, but this time he used Vap-O-Rub and was cured without any trouble."

Vick's comes in salve form and when applied over the throat and chest the body heat releases the ingredients in the form of vapors. All night long these vapors are inhaled with every breath through the air passages to the lungs, loosening the phlegm and taking out the tightness and soreness. You will find it quicker than internal medicines, and it can be used freely with perfect safety on the smallest child. Three sizes, 25c, 50c or \$1.00. At all druggists.

VAPORUB
The Genuine
Blue Trade Mark

THE EUROPEAN WAR A YEAR AGO THIS WEEK

March 20, 1915.
Sortie by Przemyśl garrison repulsed.
Holland protested against trade embargo.
Persian government called on Russia to evacuate province of Azerbaijan.

March 21, 1915.
Germans captured a hill in the Vosges.
Austrians renewed operations against Serbia but were defeated in artillery duel near Belgrade.
Russians advanced on Tilsit.
Both announced capture of Germans at Swakopmund, German Southwest Africa.
German submarine sank British collier Cairntown.
Zeppelins dropped bombs on Paris and Calais.
Italy national defense law promulgated.

March 22, 1915.
Russians captured Przemyśl with 125,000 men.
Austrians shelled Montenegrin positions.
British steamer Concord torpedoed.
Allied airmen dropped bombs on Mulheim.

March 23, 1915.
Turkish force operating against Suez routed.
Dutch steamer attacked by German trawler.
Turks re-enforced Dardanelles forts.
American Red Cross sent twenty-seven tons of supplies to Belgium.

March 24, 1915.
New battle began along the Yser.
Fierce fighting in the Carpathians.
Russians marched on Hungary.
German vessels shelled Russian positions near Memel.
Allies resumed bombardment of Dardanelles forts and landed forces on Gallipoli.
British airmen raided German submarine shipyard at Antwerp.

March 25, 1915.
Russians carried Austrian position on Beskid mountains crest and won victory in Bukovina.
Fighting in Southern Poland resumed.
German submarine sank Dutch steamer Medea.
Turks and Kurds massacred Christians in Persia, those at Geop-ta being saved by Dr. H. P. Packard, American.

March 26, 1915.
Belgians advanced on road from Dixmude to Ypres.
Austro-German armies in Carpathians withdrew into Hungary.
Germans retired before Russians in north.
French airmen dropped bombs on Metz.
Army contract frauds uncovered in Hungary.
Turks killed refugees in American mission at Urumiah, Persia.

POSTSCRIPTS.

American canned salmon is favorably known throughout the entire world. The exports of it amounted to \$7,000,000 a year.
Forty-four families who perform no useful service in this country have a yearly income equal to 100,000 wage-earners at an average of \$500.
German army surgeons have to have gold for many jobs of jaw patching. Among the articles being melted down for the material are old wedding rings, English coins and even fillings from the teeth.

By reason of the lack of fast colors, gray has become very fashionable in England, and the large quantities of dark brown colors on hand before the war are responsible for the present vogue of browns there. Sear, jets, pinks and blues are very scarce.
The island of Chatham Island in the Pacific Ocean, about 130 miles west of the coast of Ecuador, is over-run with black cats. Indeed, cats of no other color are seen there. These animals live in the crevices of the lava foundation near the coast, and subsist by catching fish and crabs.

The annual cheese production of Canada amounts to 130,000,000 pounds, of which about one-half is made in Ontario.

The Japanese are now manufacturing yearly about \$5,000,000 worth of toys, of which 40 per cent are for exportation.
The state of Ohio is to establish a postal system for the service of the various state departments entirely separate from that of the national government. In the statehouse will be placed a central post office, which will handle all the mail sent from one department to another.

TEMPERANCE NOTES

(Compiled by the National Woman's Christian Temperance Union.)

DECREASE IN LIQUOR OUTPUT.

Effective answer to the charge made by the liquor interests that "Prohibition does not prohibit," is furnished by the report of Commissioner Osborn of the internal revenue department for the fiscal year ending June 1, 1915. According to this report the manufacture of both distilled and fermented liquors has very materially decreased. The production of distilled liquors, exclusive of fruit brandies, was 42,477,125 gallons less than for the previous year. The figures for 1914 were 173,194,545 gallons, and for 1915, 130,717,420. There has been a decrease of 42,477,125 in the number of barrels of wine manufactured, the number of barrels for 1914 being 64,064,445 and for 1915, 21,587,320.

In the first three months of the fiscal year, for which figures have been made public, there has been a total decrease in the output of wine, brandy and fermented liquors of 1,000,000 barrels. The corresponding figures for the first three months of the previous year are 1,000,000 barrels. The output for the first three months of the new fiscal year was 1,000,000 barrels, as compared with 1,000,000 for the same months last year. Of distilled liquors there was a decrease of 1,000,000 barrels during the first three months of the current fiscal year of 1,000,000 gallons, and for last year 2,000,000 gallons.

ALCOHOL AFFECTS ARTERIES.

The statement that "a man is as old as his arteries" is as true as it is familiar. The normal healthy artery is endowed with a wonderful amount of elasticity so that it is easily capable of accommodating varying quantities of blood according to the requirements of the occasion. When the heart pumps a new supply of blood into the arteries, they immediately expand to receive the additional blood, and then quickly contract again in order to pass it on through the circulatory system. Here again we witness the hardening effects of alcohol, which causes an ever increasing loss of elasticity. The arteries become hard and brittle, and in the case of strain are liable to break, and thus cause a hemorrhage, small or large. This condition of the arteries is known as arteriosclerosis, and if an artery breaks in the brain the result is usually a stroke of apoplexy, causing more or less paralysis of one side of the body. The escaping blood forms a clot, which so presses upon the nerve cells as to put them out of action at least for a time, if not permanently. It is not necessary to say apoplexy is one of the serious diseases, and it is dangerous for a person to survive a third stroke.—Dr. A. B. Olson.

PERIL IN MODERATE DRINKING.

Dr. George F. Voss, editor of the *Archives for Hygiene and Therapeutics*, declares that it is not the average moderate use of alcohol which injures the body, but the quality of the drink. He says there is no relatively no intoxication through alcohol or other poisons as is the case with the hard drinker. Many who imagine themselves in the category of the whiffly moderate must actually be placed in a lower category. From the standpoint of their health, an absolute end of the drinking, if alcohol is the most desirable. The greatest need is that the average moderate man should discontinue that is, drink less is necessary.

WITHOUT SALOON REVENUE.

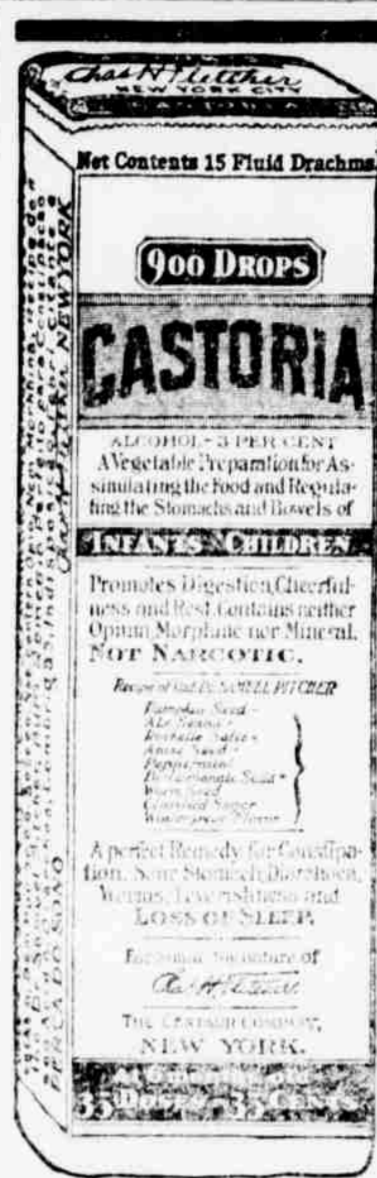
While the thirty-seventh of Harrison county, Ohio, has been dry for many years and is said to be the wealthiest town of its size in the country, the wealth of Ohio was divided equally to population, each man, woman and child would have \$250. The next estimate of the wealth in the same county and the three following is less. The next estimate is \$200, the next \$150, and the next \$100. The liquor traffic is up against the modern business age. It is up against an enemy that it cannot throttle or buy or browbeat or bluff, and it might as well leave what it can and go out of business.—Wichita Beacon.

AGAINST MODERN BUSINESS.

It isn't the drunk who is ruining the liquor traffic out of business. It is the business man, the railroad man, the banker, the lawyer, the merchant, the man who has to depend upon someone else for efficiency in the various departments of the important works. The liquor traffic is up against the modern business age. It is up against an enemy that it cannot throttle or buy or browbeat or bluff, and it might as well leave what it can and go out of business.—Wichita Beacon.

MAKE PROTEST EFFECTIVE.

It is a great thing for the voter to make his protest against the liquor traffic in the proper manner and by his manner of life. But if he would really tell the government, as well as the Lord and the people, that he wants the saloon closed, there is but one method by which he can be recognized; but just one law under which his opinion can declare itself, and his conviction makes itself felt, and that law and method are fulfilled when he drops into a box a ballot that calls for prohibition.—Frances E. Willard.



CASTORIA

For Infants and Children.
Mothers Know That
Genuine Castoria
Always
Bears the
Signature
of
J. C. Atkinson
In
Use
For Over
Thirty Years
CASTORIA

Exact Copy of Wrapper

THE CENTRAL COMPANY, NEW YORK, CITY.

Children for Farm Work.

The Kent (England) education committee has again decided to release children twelve years of age and upwards from school attendance for employment in agriculture during the summer months. Children of not less than twelve years of age are also to be released this year for employment in home duties if thereby their mothers can be employed in agriculture.

His Reasons.

"Why does a don't look your hair?"
"I suppose to put on the stamp of approval."

The reindeer has been known to pull 200 pounds at ten miles an hour for 12 hours.

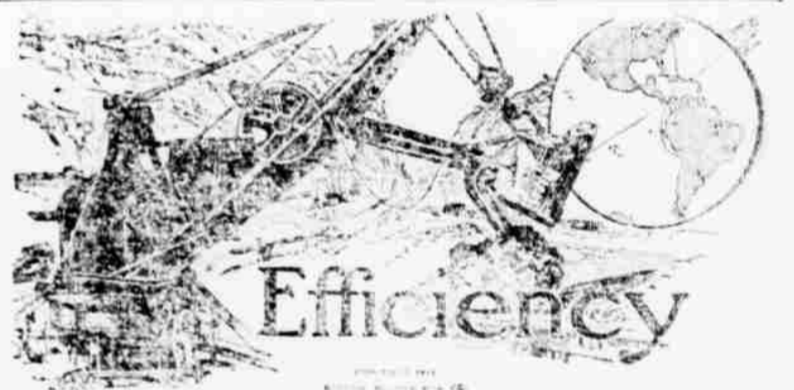
A Question.

This is the 25th of February, isn't it?
"It is."
"There's one thing I can't figure out."
"What is it?"
"Where was I this day a year ago, and what was I doing?"

THIS IS THE AGE OF YOUTH.

You will look ten years younger if you darnen your hair, grizzled gray hairs by using La Creole Hair Dressing.—Adv.
Clara H. Palmer has been leader of a church choir at Maple Grove, Tenn., for the past 28 years.

All things come with the waiter who serves an order of hash.



Efficiency built the Panama Canal, after inefficiency failed. The efficiency of the Panama Canal doubled the efficiency of the U. S. Navy without adding a ship to it. It took over 2,000 miles out of the trip from New York to San Francisco and changed the highway between London and Australia from Suez to Panama. Efficiency insures against lost motion—it produces the most service out of equipment and yields the finest product, at the least cost.

Certain-teed

Roofing

is an efficiency product

Every advantage that men, money and machinery can offer is used to increase the production, maintain the quality and lower the cost. Each of the General's enormous mills is advantageously located to serve the ends of efficient manufacture and quick distribution. Each is equipped with the most up-to-date machinery. Raw materials are purchased in enormous quantities and at far below the needs of manufacturing, thus guarding against increased cost due to idle machinery. This also insures favorable buying, and the pick of the market.

Expert chemists at each mill are employed to select and blend the asphalt, and every roll of CERTAIN-TEED is made under their watchful care.

CERTAIN-TEED resists the dry-rot process so destructive to ordinary roofing, because the felt is thoroughly saturated with a blend of soft asphalt, prepared under the formula of the General's board of expert chemists. It is then coated with a blend of harder asphalt, which keeps the lower saturation soft. This makes a roofing more pliable and more impervious to the elements than the harder, drier kind.

CERTAIN-TEED is made in rolls, plain or slate-surfaced shingles. There is a type of CERTAIN-TEED for every kind of building, with flat or pitched roofs, from the largest skyscraper to the smallest residence or out-building.

CERTAIN-TEED is guaranteed for 5, 10 or 15 years, according to ply (1, 2 or 3). Experience proves that it lasts longer.

General Roofing Manufacturing Company

World's Largest Manufacturers of Roofing and Building Papers
New York City Chicago Philadelphia St. Louis Boston Cleveland
Los Angeles Pittsburgh Detroit San Francisco Cincinnati Kansas City
Atlanta Minneapolis Milwaukee Seattle Portland
Richmond Houston London Sydney

We are wholesale distributors of Certain-teed Products. Dealers should write us for samples, prices and full information.

WITTE HARDWARE CO., ST. LOUIS, MO.